



Bristol Orienteering Klub (BOK) Western Night League

Saturday 9 March 2019

Pen Hill, near Wells BA5 3LB (amnd 31/01/2019)

- Car Parking:** Parking in field. Entrance to field on west side of A39 at Grid Reference ST568488; 1.5km south of junction A39/B3135. Dangerous road – take care. Please share transport if possible and follow marshals' instructions.
- Map:** Scale 1:10000. Revised 2019. Overprinted with courses on waterproof paper.
- Terrain:** Exposed hill (**305m**) with open fields and woodland. Farm tracks and some paths. Some steep slopes. Barbed wire fences must be crossed at designated crossing points or gates.
- Courses:** **Mass Start** 60 minute score. 30 controls with 600 points total. Bonus 1 point per 6s early if all controls visited. Penalty 1 point per 6s late. 6- 8 controls form a course of approximate yellow standard, and keeps to paths.
- Registration:** **18:00-18:40** Registration in carpark. Fees: Seniors £6.00, Juniors/ Students £3. Juniors 16-welcome but must be accompanied.
- Starts/Closure** Pre-start: **18:45**; Mass-Start (800m) **19:00** Courses close at **20:10 pm**. Finish: 800m
- Punching:** SI electronic punching, with contactless punching for those with SIAC dibbers. Dibber hire: juniors/students free; seniors £1.50. Lost SI dibbers: (contact) £40 and (contactless) £60. All runners must punch the Start and Finish. Limited number of SIAC dibbers for hire.
- Facilities:** BOK First Aid. Please bring your own drink.
- Safety:** At the pre-start you will need to demonstrate that you are carrying at least two working lights and a whistle or you will not be allowed to start.
- All competitors take part at their own risk and are responsible for their own safety. In the event of inclement weather you may be required to carry a cagoule.
- The hill is very exposed and in poor weather conditions can be very poor. Dress appropriately.
- Dogs:** On a lead and in the parking area only, please – not on courses. This is a working farm.
- Officials:** Organise/Plannerr: Matthew Pickering UBOC
(07519781965 matthewtpickering@gmail.com)
- Data Protection:** Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards.

Further details and latest information on the BOK website:

www.bristolorienteeing.org.uk

